

DECEMBER 2015

STAFF




Carie Dick—Director
Bev Hinkle—Assistant Director
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VAN DRIVERS

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ARNOLD F. HABIG COMMUNITY CENTER
OLDER AMERICANS
1301 St. Charles Street, Jasper, IN 47546
Phone: 812-482-4455
Web Site: www.jasperindiana.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO 3:00 RSVP Lunch Bunch ★	2 9:00 - 10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Golf	3 9:00 Exercise Class 9:45 Exercise Class 12:30 Cinch Tourney	4 8:30 Mah Jongg 12:00 Christmas Party 	5
6 Center Open 1-4	7 9:00 Exercise Class 9:45 Exercise Class 12:30 Texas Holdem	8 10:00 Tender Loving Crafts 12:30 Scrabble 12:30 Tripoley	9 9:00 - 10:30 Free Computer Assistance 11:00 Lunch Bunch 12:30 Mah Jongg 12:30 Hearts	10 9:00 Exercise Class 9:45 Exercise Class 9:30 Leave Armory for Derby Dinner ★ 12:30 Rum Tourney 12:30 Book Club	11 8:30 Mah Jongg Singing Seniors caroling at local nursing homes. See special activities for schedule 12:30 Pay Me	12
13 Center Open 1-4	14 9:00 Exercise Class 9:45 Exercise Class 12:30 Dominoes	15 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	16 9:00 - 10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Phase 10 2:00 Leave Armory for Mega Caverns ★	17 9:00 Exercise Class 9:45 Exercise Class 12:30 Sheephead Tourney 12:30 Hand & Foot	18 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Golf	19
20 Center Open 1-4	21 9:00 Exercise Class 9:45 Exercise Class 12:30 Hearts	22 10:00 Tender Loving Crafts 12:30 Scrabble 12:30 Pay Me	23 9:00 - 10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Tripoley	24 Closed Christmas Eve 	25 Closed Christmas Day	26
27 Center Open 1-4	28 9:00 Exercise Class 9:45 Exercise Class 12:30 Hand & Foot	29 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	30 9:00 - 10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Dominoes	31 Closed New Years Eve 	January 1st –Closed for New Years Day	

DECEMBER HOMEBOUND 2015

THANK YOU FOR YOUR DONATION. PLEASE ASK THE DELIVERER FOR DONATION ENVELOPES WHEN YOU RUN OUT.

Dubois, Daviess, Martin, Pike, GENERATIONS NUTRITION, Menu subject to change without notice.
Meals served with milk and margarine. Phone number for meals (812)367-2990

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pasta Casserole Green Beans Hot Apples Graham Crackers Wheat Bread	2 Chicken & Rice Broccoli Hot Spiced Pears Wheat Bread	3 Sloppy Joe Tater Tots Peas Pineapple Juice Bun	4 CLOSED FOR TRAINING	5
6	7 Pork BBQ Baked Beans German Potato Salad Pineapple Bun	8 Meatloaf Diced Potatoes Corn Graham Crackers Wheat Bread	9 Ham & Beans Cornbread Mixed Greens Oatmeal Pie	10 Parmesan Chicken Yam Patties Winter Blend Grape Juice Wheat Bread	11 Grilled Cheese Soup Peaches Crackers/Cookie	12
13	14 Hot Dog Baked Beans Steamed Cabbage Pineapple Bun	15 Chicken & Dumplings Brussel Sprouts Carrots Oatmeal Pie Wheat Bread	16 Turkey/Gravy Dressing Mashed Potatoes Green Beans Cranberry Juice/Bread	17 Smokey Riblets Corn Broccoli Granola Bar Wheat Bread	18 Chicken Salad Peaches Salad Potato Chips Wheat Bread	19
20	21 Country Fried St/Gravy Mashed Potatoes Vegetable Blend Mixed Fruit Wheat Bread	22 Breaded Cod Mixed Vegetables Seasoned Potatoes Grandma's Cookies Bun	23 Teriyaki Chicken Sliced Potatoes Butter Beans Pears Wheat Bread	24 CHRISTMAS EVE 	25 MERRY CHRISTMAS	26
27	28 Swedish Meatballs Broccoli Carrots Mixed Fruit Wheat Bread	29 Hamburger/Cheese Potatoes Green Beans Raisins Bun	30 Chili Hot Applesauce Crackers Peanut Butter & Jelly	31 HAPPY NEW YEAR'S EVE 		

**AVAILABLE DAILY
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



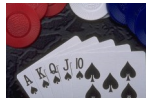
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. If you want to brave the winter weather it is a good path for exercise



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



**RAINBOW MESSENGER
DECEMBER, 2015**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. Ryan is here to assist you every Wednesday from 9-10:30 a.m. and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop, Kindle or Ipad.



REGULAR SCHEDULED ACTIVITIES

- **TLC CLASS (Tender Loving Crafts)**
Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every **Tuesday morning from 10 to 12.** Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational and a super way to meet new friends.
December 1 - Christmas Ceramics
December 8 - Christmas Jewelry
December 15 - Nativity Sets-Decorate Tree
December 22 - Christmas Party
December 29 - Happy New Year

- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at our Christmas Party on Friday, December 4th and will be caroling, Friday, December 11. See special activities for times and places for caroling.



- **BINGO:** Will be played at **12 p.m. Tuesdays, December 1st, December 15th and December 29.** We ask you to keep bills to \$5's and under as we pay out 100% and do not have change. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. *****You may want to bring a sweater or jacket, it sometimes gets cool.**

BINGO									
7	25	44	57	62					
15	22	40	50	70					
11	30			46	74				
2	28	37	55	68					
10	27	39	59	75					

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays December 1st, 15th, and 29th.**



- **EXERCISE CLASS:** Every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!

- **EXERCISE CLASS** For more of a challenge, come in at **9:45 a.m. on Monday & Thursday mornings** for a group exercise. It is a great way to get your heart pumping. A staff member is with the group and will help guide you as you go at your own pace.



CARD TOURNEYS



- **Thursday, December 3rd**
Cinch Tourney
- **Thursday, December 10th**
Rum Tourney
- **Thursday, December 17th**
Sheephead Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and paid back to the 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

- **TEXAS HOLDEM:** Will be played **Monday, December 7th at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives the cash prize. **Reservations are due by 10 a.m. the morning you play.**
- **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. on Monday, December 14th and Wednesday, December 30th.** It is a fun game that is easy to learn. Everyone is welcome! **Please call in by 10 a.m. if you are coming in to play.**
- **PAY-ME:** A game similar to Rum but played with 3 decks of cards, including the jokers will be played at **12:30 p.m. Friday, December 11th and Tuesday, December 22nd.** **Please let us know by 10 a.m. if you are coming in to play.**

RAINBOW MESSENGER

- **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. Tuesday, December 8th and Wednesday, December 23rd.** We have a lot of fun! **Please call in by 10 a.m. game day if you would like to play.**



- **SCRABBLE:** How about a little challenge? Come in to play Scrabble at **12:30 p.m. on Tuesdays, December 8th and 22nd.** **Please sign-up by 10 a.m. game day if you plan to attend.**
- **PHASE-10:** Will be played **Wednesday, December 16th at 12:30 p.m.** It is a fun easy card game, **Please call in by 10:00 a.m. if you would like to play.**
- **HEARTS:** We will play at **12:30 p.m. Wednesday, December 9th and Monday, December 21st.** This game is easy to learn and very enjoyable. **Call in by 10:00 a.m. if you will be able to play.**
- **GOLF:** The card game will be played **Wednesday, December 2nd and Friday, December 18th at 12:30 p.m.** Four to six players can play before adding another deck. Low score wins the game. If you've played it before come in and join the fun, if this is your first time I'm sure you'll enjoy playing. **Please call in by 10:00 a.m. to sign up.**

- **HAND AND FOOT:** A 2 handed, game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck and all jokers. Join us **Thursday, December 17th and Monday, December 28th at 12:30 p.m.** Please call in by 10:00 a.m. if you would like to play.
- **PUZZLES:** We have one on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.
- **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** **If you can play on Wednesday please call in by 10 a.m. to let us know.** New players welcome.

RAINBOW MESSENGER

SPECIAL ACTIVITIES

ALL TRIPS AND ALL ACTIVITIES ARE ONLY FOR DUBOIS COUNTY RESIDENTS 55 YEARS AND OLDER. WHEN SIGNING UP FOR TRIPS ONLY 4 INDIVIDUALS PER SIGN UP.

SINGING SENIORS: Will entertain at the Center's **Christmas Party on December 4th.** They will do their annual caroling at the nursing homes on **Friday, December 11th.**

9:30 a.m. - Brookside

10:30 a.m.- Cathedral

11:30a.m. - Lunch

12:30 p.m. - St. Charles

1:45 p.m. - Timbers of Jasper

2:30 p.m. - Northwood Retirement

All are welcome to attend any of the Performances



- **LUNCH BUNCH:** Join us at the Old School Café in Huntingburg on **Wednesday, December 9th at 11:00 a.m.** Reuben Sandwich, with chips and a pickle is the special of the day. They have a menu to order from and homemade desserts. As always the meal is "dutch treat".
Reservations are due by 3:00 p.m. Tuesday, December 1st. Come enjoy good food and visit with friends.



- **BOOMERAMA:** There will not be Boomerama for the month of December

- **BOOK CLUB:** We will discuss "The Vault" by Ruth Rendell at 12:30 p.m. on Thursday, December 10th. We will skip January then start back up in February. If you want an early start we will be reading "The Girl on the Train" by Paula Hawkins. New members are always welcome. (Meet in the library at the Center)



Write Your Life Story

Martha Rasche will conduct a class for The Older American Center if there is interest. She has held the class at Brookside and St. Charles and it has been well received. It is a 1 hour class for 9 weeks at a cost of \$90.00 per person. All supplies and instruction is included and the end result is your life story. **Call the Center by Thursday, December 3 to sign-up. Class will begin Wednesday, January 6 at 9:00 a.m. in the library at Center. The final class will be held Wednesday, March 2.**

What's On Your Plate?

Smart Food Choices for Healthy Aging
Join Jan Dougan, Extension Educator with Purdue Extension-Dubois County, before exercise class Monday mornings at 8:45, beginning January 4, 2016, for weekly recipes and nutrition tips

- **BIRTHDAY & ANNIVERSARY:**

We will no longer be publishing birthday and anniversaries in the newsletter. If you would like your birthday and/or anniversary to appear on the bulletin board at the Center, please let the staff know the month and day. Thank you!!

- **BOOK SHELF:** The books have been moved downstairs to The Habig Room. Thanks to the generosity of so many, we have a great selection of books for you to borrow.



- **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

- Free beginner and intermediate bridge lessons. Call Cindy Kluemper at (812)482-3299 or Mary Ann Seng at (812)482-1101



*****2016 Newsletter*****

It is time to sign-up to have the 2016 Rainbow Messenger mailed to you each month. The fee for the entire year is \$7.00. Make checks payable to Older American Center & include your address. The newsletter is available free for you to pick up at the Center in Jasper, Huntingburg's Senior Center, Meadowood & Ferdinand's Center. Also available online at www.jasperindiana.gov

TRIPS

****There is a \$25.00 charge for
all returned checks****

DECEMBER

DERBY DINNER PLAYHOUSE Thursday, December 10th

Our trip to the Derby Dinner to see "White Christmas" is set for Thursday, December 10th. We will leave the Armory at 9:30 a.m., with pickup in Huntingburg at the Huntingburg Methodist Church, if requested. Enjoy the lunch and matinee .

DECEMBER

MEGA CAVERNS TRIP Wednesday, December 16th

Lights under Louisville. is scheduled for Wednesday, December 16th. The bus will leave the Armory at 2:00 p.m. with pickups in Huntingburg at 2:15 at the Huntingburg Methodist Church and Ferdinand upon request. We will stop at Cracker Barrel in Corydon to eat, then on to the show. A short stop will be made at Culver's on the way home.

ANNUAL CHRISTMAS PARTY

The center Christmas Party will be held on Friday, December 4th. Activities will begin with a meal at noon and continue with entertainment and prizes. A shuttle will run every 15 minutes from the Jasper Armory parking lot to the front door of the Center from 10:00 a.m. until 3:00 p.m. We hope you take advantage of our "Valet Service".

The Staff of the Older Americans Center
with the Jasper Park Department wishes
everyone a Happy & Healthy Holiday
Season!

Happy
Holidays!



Recipe Exchange

UNBAKED FRUIT CAKE

Ingredients:

1 cup Milk
1 lb. Graham Crackers (1Box)
1 lb. Seedless Raisins
1 pkg. Candied Fruit
1 pkg. Candied Cherries
4 c. Pecans
1 lb. Marshmallows (Melt with Milk)

Directions: Crush graham crackers, add nuts, raisins, fruit. Mix all together. Press into a pan lined with saran wrap. Cover and refrigerator for 1 day before eating. You can put in a corning ware pan and do not use saran wrap. If you do not like raisins add extra fruit and nuts.

Submitted by Carol Cooper

Have a good recipe to share? We would be happy to publish it.

HUNTINGBURG SENIOR CENTER DECEMBER 2015

Call the Center at 683-2994 to make reservations for the Card Tournaments held at 12:30 p.m. on **Mondays**. You will enjoy the day!!



There will be Bingo all 5 Wednesdays, in December



There are over 400 books on hand for your reading pleasure including: love, inspirational and suspenseful books plus books by authors: Zane Grey, John Grisham, James Patterson, Mary Higgins Clark, Sidney Sheldon, Danielle Steel, Fern Michaels and others



The Huntingburg Senior Center now has games and activities available for those who don't play cards.

Battleship	Boggle	Skip-Bo
Chinese Checkers	Dominoes	Uno
Mastermind	Monopoly	Sorry
Rummikub	Left, Right, Center	
Yahtzee	Puzzle books	
Sudoku	Left, Right	

Deer in the Headlights - A card & dice game.
Several have learned to play this and really enjoyed it.
Boggle - A word game using scrambled letters and a timer.
Electronic dart board & a mini 9-hole golf to practice your putting skills.

****We have games scheduled for most days but you are free to do what ever interests you. You do not have to play the game of the day.****

Puzzle: We have one started, come in and help put it together!



CARRY-IN LUNCH


Thursday, December 10. Enjoy a delicious lunch with friends followed by cards & games if you choose to stay. Please bring a favorite dish to share. Bring a friend!



Memorial Gym is open for walking. Hours are Monday—Friday 5:00 a.m. to 1:30 p.m. and Saturday, 7:00 a.m. to 11:00 a.m.



**** Get your Blood Pressure Checked****
First Wednesday of the month from 12:30 - 1:00 p.m.

 **Join THE SENIOR FUN GROUP every Tuesday and Friday at 1:00 at Breakway Lanes in Huntingburg. Bowl 3 games for \$7.35 plus cost of shoes. Free coffee and popcorn.**

The Center will be open New Year's Eve 7:00 to ????. Sign up at the Center. Bring a snack to share.



DECEMBER BIRTHDAYS

Maria Mihajlovits	8
Jen Mundy	11
Billy Joe Miller	12
Marjorie Lampert	27
Jan Schneider	30
Margaret Lawrence	31



ALASKAN CRUISE





The Huntingburg Senior Center is sponsoring a cruise to Alaska aboard the Norwegian Jewel, May 14 thru 21, 2016. This trip will include round trip flight to Seattle from Louisville and 7 nights on the ship with all meals furnished. The ports of call will be Ketchikan, Juneau, Skagway, and Victoria, British Columbia. The cost is \$2,190 for an inside cabin, \$2,399.00 for an outside cabin, and \$2,739.00 for a balcony cabin. These prices are per person based on double occupancy. A valid passport is required. A \$300.00 deposit along with full name and birthdate is required by December 16, 2015. Any additional people who are interested in the cruise will be subject to availability of cabins and possibly a higher rate as well. Final payment for the cruise will be due by February 1, 2016. The cruise line requires the passenger's first, middle, and last name as it appears on their passport. Forms are available by contacting Rita Reller at the Huntingburg Senior Center, 309 N Geiger St, Huntingburg, IN 47542. Anyone 18 years of age or older may sign up.



DECEMBER 2015

HUNTINGBURG SENIOR CENTER
309 N Geiger St
Huntingburg IN 47542
812-683-2994
Rita: 812-309-9576

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1:00 Bowling	2 12:30-1:00 Blood Pressure Checks 1:00 BINGO Sponsor: HLS 2:00 Cards & Games	3 11:30 Christmas Party with meal at 12:00 	4 1:00 Bowling	5
6	7 12:30 Cinch Tourney Sponsor: Brookside	8 1:00 Bowling	9 1:00 BINGO Sponsor: Via Quest 2:00 Cards & Games	10 12:00 Carry-In Lunch Sponsor: St. Charles 1:00 Cards & Games	11 1:00 Bowling	12
13	14 12:30 Euchre Tourney Sponsor: The Timbers	15 1:00 Bowling	16 1:00 BINGO Sponsor: Scenic Hills 2:00 Cards & Games	17 12:30 Cards & Games	18 1:00 Bowling	19
20	21 12:30 Cinch Tourney Sponsor: Northwood	22 1:00 Bowling	23 1:00 BINGO Sponsor: The Waters 2:00 Cards & Games	24 CLOSED 	25 CLOSED	26
27	28 12:30 Euchre Tourney Sponsor: ViaQuest	29 1:00 Bowling	30 1:00 BINGO Sponsor: The Senior Center 2:00 Cards & Games	31 New Year's Eve Party 7:00 to ????? 